

Home Doctor Practical Medicine For Every Household

M. D. Forgey

Home Doctor Claude Davis, Sr., Maybell Nives, Rodrigo Alterio, 2021-05-10 Inside Home Doctor you will discover the DIY medical procedures and vital medical supplies you need to have on hand to take care of common health problems and emergencies at home, while waiting for an ambulance to arrive or in the next crisis when doctors and medicines may be hard to come by.

Home Doctor Michael Peters, 2009-06-15 Providing practical advice on home treatments, this accessible guide explains what can be done to relieve symptoms and, if possible, clear up the problem for many common medical conditions. Illustrated with step-by-step photographs, this book's well-rounded approach includes practical techniques, preventive measures, complementary remedies, and conventional medical treatments for use in the home. An integrated approach to health is increasingly popular among doctors and patients, and Home Doctor helps you use all of the information available to treat many common conditions at home. Practical and easy-to-use, it includes over one-hundred-and-fifty common symptoms, illnesses, and injuries with advice on when you can treat them safely and effectively and when to call a doctor. With basic first-aid procedures as well as a quick A-Z reference covering over-the-counter drugs and natural remedies, it's like having your own in-home healthcare provider 24/7.

Home Doctor - Practical Medicine for Every Household Sarah Camden, 2023-01-18 It is difficult to believe that one could practice medicine without attending a medical school 200 years ago, given the rigorousness of modern medical education and the difficulty of balancing theoretical knowledge, clinical training, and required competency.

Home Doctor P. S. Phadke, 2021-09-13 Remedies from your kitchen shelves and common plants for over 200 ailments.

Home Remedies from a Country Doctor Jay Heinrichs, Dorothy Behlen Heinrichs, 2011-02-28 Offers simple and effective healing techniques from New England country doctors, with natural remedies for aches, pains, infections, allergies, and other common problems.

The Doctors Book of Home Remedies for Dogs and Cats Prevention Magazine Editors, 1997-08-04 In this practical and entertaining guide, the top veterinarians and animal experts in the country offer more than 1,000 effective tips for treating common pet problems, such as: allergies, bad breath, ear mites, fleas, itchy skin, paw problems, teething pain, weepy eyes, and wounds. But, much more than a guide to the physical and emotional problems of pets, The Doctors Book of

Home Remedies for Dogs and Cats also provides solutions to some of the toughest behavior problems, letting pet owners know when it is necessary to visit the vet--and what they can do until they get there. Since the health needs of dogs and cats are often entirely different, there are also specific tips for both cats and dogs, along with more than 75 easy-to-follow illustrations. Having this ultimate do-it-yourself pet-care book is like having a veterinarian on call 24 hours a day.

The Doctors Book of Home Remedies for Seniors Doug Dollemore,2001 From angina and arthritis to high cholesterol and varicose veins, more than 1,500 remedies for 120 common ailments. Here's the at-home healing guide written especially for seniors, from the people who know home remedies best -- the editors of The Doctors Book of Home Remedies. This indispensable resource shares advice and easy self-help solutions from more than 350 doctors who specialize in the health concerns of older men and women. Here are steps you can take to avoid common problems associated with aging, solutions to problems you may already have, advice on when you should consult a doctor, and how to manage your medications. So whether it's a serious issue such as prostate problems or an everyday complaint such as back pain, you'll find the answers inside: Age Spots * Anemia * Bone Spurs * Clumsiness * Constipation * Denture Discomfort * Diabetes * Diarrhea * Eczema * Emphysema * Fatigue * Foot Pain * Gallstones * Glaucoma * Gout * Hair Loss * Hearing Loss * Hip Pain * Incontinence * Insomnia * Lowered Sexual Desire * Macular Degeneration * Memory Loss * Neck Pain * Phlebitis * Poor Appetite * Sciatica * Shingles * Snoring and Sleep Apnea * Tinnitus * Ulcers * Urinary Tract Infections * and much more A comprehensive guide to staying fit, energetic, and pain-free, The Doctors Book of Home Remedies for Seniors brings you the safest, simplest ways to live better longer ... without a prescription or a doctor's visit.

Searching for the Family Doctor Timothy J. Hoff,2022-03-01 With family doctors increasingly overburdened, bureaucratized, and burned out, how can the field change before it's too late? Over the past few decades, as American medical practice has become increasingly specialized, the number of generalists—doctors who care for the whole person—has plummeted. On paper, family medicine sounds noble; in practice, though, the field is so demanding in scope and substance, and the health system so favorable to specialists, that it cannot be fulfilled by most doctors. In *Searching for the Family Doctor*, Timothy J. Hoff weaves together the early history of the family practice specialty in the United States with the personal narratives of modern-day family doctors. By formalizing this area of practice and instituting specialist-level training requirements, the originators of family practice hoped to increase respect for generalists, improve the pipeline of young medical graduates choosing primary care, and, in so doing, have a major positive impact on the way patients receive care. Drawing on in-depth interviews with fifty-five family doctors, Hoff shows us how these medical professionals have had their calling transformed not only by the indifferent acts of an unsupportive health care system but by the hand of their own medical specialty—a specialty that has chosen to pursue short- over long-term viability, conformity over uniqueness, and protectionism over collaboration. A specialty unable to innovate to keep its membership cohesive and focused on fulfilling the

generalist ideal. The family doctor, Hoff explains, was conceived of as a powered-up version of the country doctor idea. At a time when doctor-patient relationships are evaporating in the face of highly transactional, fast-food-style medical practice, this ideal seems both nostalgic and revolutionary. However, the realities of highly bureaucratic reimbursement and quality-of-care requirements, educational debt, and ongoing consolidation of the old-fashioned independent doctor's office into corporate health systems have stacked the deck against the altruists and true believers who are drawn to the profession of family practice. As more family doctors wind up working for big health care corporations, their career paths grow more parochial, balkanizing the specialty. Their work roles and professional identities are increasingly niche-oriented. Exploring how to save primary care by giving family doctors a fighting chance to become the generalists we need in our lives, *Searching for the Family Doctor* is required reading for anyone interested in the troubled state of modern medicine.

The Prepper's Medical Handbook M. D. Forgey, 2020-04-01 The basis of adequate prepping is being prepared for both common and dire events that may occur under the worst of all possible circumstances. These circumstances might include the breakdown in normal emergency support services (such as calling 911), the lack of an ability to obtain additional supplies, and the probability that you will not be able to rely on anyone but members of your immediate group or yourself. Prepping requires forethought with regard to food, water supplies, power, and protection – all areas of significant technical preparation. Self-reliant medical care is no exception. This book provides the basis of prevention, identification, and long-term management of survivable medical conditions and can be performed with minimal training. It helps you identify sources of materials you will need and should stock-pile, it discusses storage issues, and directs you to sources for more complex procedures that require advanced concepts of field-expedient techniques used by trained medical persons such as surgeons, anesthesiologists, dentists, or midwives and obstetricians.

What Doctors Feel Danielle Ofri, 2013-06-04 A look at the emotional side of medicine—the shame, fear, anger, anxiety, empathy, and even love that affect patient care Physicians are assumed to be objective, rational beings, easily able to detach as they guide patients and families through some of life's most challenging moments. But doctors' emotional responses to the life-and-death dramas of everyday practice have a profound impact on medical care. And while much has been written about the minds and methods of the medical professionals who save our lives, precious little has been said about their emotions. In *What Doctors Feel*, Dr. Danielle Ofri has taken on the task of dissecting the hidden emotional responses of doctors, and how these directly influence patients. How do the stresses of medical life—from paperwork to grueling hours to lawsuits to facing death—affect the medical care that doctors can offer their patients? Digging deep into the lives of doctors, Ofri examines the daunting range of emotions—shame, anger, empathy, frustration, hope, pride, occasionally despair, and sometimes even love—that permeate the contemporary doctor-patient connection. Drawing on scientific studies, including some surprising research, Dr. Danielle Ofri offers up an unflinching look at the impact of emotions on health care. With her renowned eye for

dramatic detail, Dr. Ofri takes us into the swirling heart of patient care, telling stories of caregivers caught up and occasionally torn down by the whirlwind life of doctoring. She admits to the humiliation of an error that nearly killed one of her patients and her forever fear of making another. She mourns when a beloved patient is denied a heart transplant. She tells the riveting stories of an intern traumatized when she is forced to let a newborn die in her arms, and of a doctor whose daily glass of wine to handle the frustrations of the ER escalates into a destructive addiction. But doctors don't only feel fear, grief, and frustration. Ofri also reveals that doctors tell bad jokes about "toxic sock syndrome," cope through gallows humor, find hope in impossible situations, and surrender to ecstatic happiness when they triumph over illness. The stories here reveal the undeniable truth that emotions have a distinct effect on how doctors care for their patients. For both clinicians and patients, understanding what doctors feel can make all the difference in giving and getting the best medical care.

Your Natural Medicine Cabinet Burke Lennihan, 2012-07-31 CNS, New York Times bestselling author of *The Fat Flush Plan* Your Natural Medicine Cabinet features the most important and up-to-date information for healing nearly 200 common ailments using the most effective, fastest-acting, and affordable natural remedies available today. Its concise, user-friendly format is ideal for overworked moms, stressed-out dads, and anyone interested in simple, natural, drug-free alternatives for themselves and their children. This hip, easy-to-understand A-to-Z guide provides "best practices" for the speedy and effective treatment of key health problems. You will learn how to save money on health care, safely treat yourself and your family, and enhance your overall health and energy with supplements, superfoods, homeopathics, cell salts and flower essences. The author also recommends related books and web-based resources, carefully researched for your further, in-depth study. She outlines healthy foods to eat and those to avoid, shares effective energy-based exercises, and shows when craniosacral and chiropractic techniques are an effective adjunct to her recommended treatments. Your Natural Medicine Cabinet is an indispensable health resource that you can refer to time and time again.

On Becoming a Doctor Tania Heller, 2009-12-01 This insightful and candid guide unveils the truth about medical school, residency, and the fascinating realities that await aspiring physicians beyond the classroom. *On Becoming a Doctor* provides an essential roadmap for your medical odyssey including: *Comprehensive Guidance*: Delve into the intricacies of medical school life and residency, as well as the challenges and rewards of being a doctor. *Gain invaluable insights into the various medical specialties, allowing you to make informed decisions about your future career path.* *First-Hand Accounts*: Written by seasoned medical professionals, this book provides authentic first-hand accounts of the rigors and triumphs experienced throughout medical training. *Learn from their experiences and use their wisdom to navigate your own journey with confidence.* *Balancing Life and Work*: Discover the secrets to maintaining a healthy work-life balance in the demanding world of medicine. *On Becoming a Doctor* offers practical tips on managing stress, fostering personal well-being, and nurturing a fulfilling personal life alongside a thriving medical career. *Residency Success Strategies*: Unravel the complexities of the

residency application process and equip yourself with indispensable strategies to stand out in this highly competitive arena. Our expert advice will empower you to excel during your residency and launch a successful medical career. Patient Stories: Be inspired by heartwarming and insightful patient stories that illustrate the transformative power of compassionate healthcare. Learn how to provide exceptional patient care and forge meaningful connections with those you serve. Navigating Medical Challenges: From medical ethics dilemmas to emotional resilience, *On Becoming a Doctor* addresses the diverse challenges doctors encounter. Equip yourself with the tools to overcome obstacles and make a lasting impact on the lives of your patients. Thriving Beyond Residency: Beyond residency lies a vast landscape of opportunities. Learn about alternative career paths, research opportunities, and potential for leadership roles within the medical community. Unlock your potential and discover what lies ahead in your fulfilling medical journey. Empower yourself with knowledge, empathy, and resilience as you embrace the transformative journey of becoming a doctor. A perfect graduation gift for any aspiring medical professional!

The Little Book of Doctors' Rules Clifton K. Meador MD, 2020-04-02 Clearly the science of medicine has progressed by leaps and bounds over the last twenty years—from computerized surgery to genetic modification. Yet medicine is more than just a science. It is also an art. As medical students complete their education, however, they may find that their training has been focused solely on the mechanics of diagnosis and treatment. While this scientific knowledge is fundamental to proper healthcare, it can overlook the importance of interacting with patients. In an attempt to refocus on how vital it is for doctors to consider their patients in full, Dr. Clifton K. Meador has written *The Little Book of Doctors' Rules*. It offers simple and concise suggestions to humanize the practice of medicine. In this book, Dr. Meador draws on his nearly sixty-year medical career for nuggets of advice with both compassion and humor. Although there may not be a defined medical disease behind every physical symptom, Dr. Meador reminds us that the reason behind a symptom may be found if a doctor observes and listens carefully to a patient. He believes an effective physician treats a patient, not just a patient's disease. *The Little Book of Doctors' Rules* offers insightful rules that address a host of topics, which include developing a rapport with patients, treating dementia, and prescribing drugs. Designed for any healthcare professional, these short rules are easily understood and (mostly) non-technical. Here is a small sampling of Dr. Meador's advice, from the sage and somber to the clever and sometimes controversial. While listening to a patient, do not do anything else. Just listen. Stop drug use in treatment whenever possible. If impossible, cease a patient's use of as many drugs as possible whenever possible. Just because you know a lot of physiology, biochemistry, and anatomy does not mean you know anything about people. If all you listen to are symptoms, then all you will hear from your patients are symptoms. In addition to his own rules, Dr. Meador has included advice offered by some of the past giants of medicine. It is no coincidence that their words echo the message of this book, which gets to the true center of the healing arts.

The Doctors Book of Home Remedies The Editors of Prevention Health Books,2002-09-01 It's hard to make a great book even better, but we've done it. The revised and updated Doctors Book of Home Remedies cuts through the clutter of health information to deliver the best, straightforward advice from the nation's top doctors and specialists. Covering new ground in every chapter, this indispensable health classic now offers even more valuable tips for addressing serious problems such as high blood pressure, diabetes, and depression, as well as solving a variety of everyday health complaints such as pizza burn and motion sickness. From acne to age spots, from teething to pet problems, you'll have the information you need to help the whole family, right in the privacy of your own home. Organized in a handy format with a comprehensive index, every chapter provides easy-to-follow remedies that show you how to use things you probably have around the house. You'll find out how to make the most of common foods such as honey, bananas, and oatmeal. You'll learn which vitamins and over-the-counter medications you should use and when. You'll even discover new ways to make the mind-body connection and how to tap into the unique healing power of the herbs that might be growing in your own backyard. Among the thousands of helpful remedies are those that will show you how to: * Control excessive worrying * Calm a rapid heartbeat * Prevent jet lag * Relieve ulcer pain * Cope with carpal tunnel syndrome * Head off your next headache * Soothe an upset stomach * Get a good night's sleep * Stop a nosebleed * Conquer weight problems Trusted. Valued. Essential. The Doctors Book of Home Remedies is sure to address your most frequent health questions with practical, useful answers. this book endures as a superb one-stop resource that will offer you and your family peace of mind for many years to come.

The High Calling Alessio C. Salsano,2011-11-29 From the day of his birth his grandfather was certain that Alessio Salsano would become a doctor. To become a physician was to reach the pinnacle of success, to achieve the ultimate goal. As soon as his tiny hands could hold on to things his father made sure he held books on science and medicine. Now, Dr. Salsano takes you on a journey through the life of a physician. Telling of his Italian heritage and upbringing as a child, he shares the details of establishing medicine as his career goal and his early search for life's meaning as he learned to embrace evangelical Christianity. This book chronicles medical school, falling in love, and the welding together of faith and science. It tells how Dr. Salsano came to reside in Virginia Beach where he started a private practice, and describes a personal revival of faith and how it impacted his practice of medicine. Revealing some of the most fascinating and trying times he has experienced in medicine, Dr. Salsano speaks to the medical student seeking this spiritually taxing career. Encouraging the reader with inspiring stories, he shows how combining science and faith in the everyday practice of medicine may be risky, but it is necessary to becoming a great doctor. It's a story of sacrifice, lawsuits, and testing of morals and ethics. Learn how one doctor nearly lost all confidence in his ability to help people, but fought the urge to flee, and stayed to fight. With God's help, he chose The High Calling.

Textbook of Family Medicine Robert E. Rakel,David Rakel,2011 Offers guidance on the principles of family medicine,

primary care in the community, and various aspects of clinical practice. Suitable for both residents and practicing physicians, this title includes evidence-based, practical information to optimize your patient care and prepare you for the ABFM exam.

The Doctors Book of Home Remedies William Gottlieb,1990

Every Household Practical Medicine Dr Cynthia Ogor,2023-05-17 Inside this massive 304-pages physical book you will discover the DIY medical procedures and vital medical supplies you need to have on hand to take care of common health problems and emergencies at home, while waiting for an ambulance to arrive or in the next crisis when doctors and medicines may be hard to come by. Dr. Maybell, one of the authors, is known for developing new, ingenious methods of treating her patients after Venezuela's economy collapsed and hospitals and pharmacies ran out of medicines, supplies, electricity and even running water. The methods Maybell and other doctors in Venezuela invented and pioneered are now being studied and applied in conflict zones all over the world. Many of these inexpensive procedures do not require any medical assistance as they are specifically designed to be self-applied, so they should also help anyone cut down on medical costs while things are still OK. But they become most valuable when the medical system cannot be depended on, like during long term blackouts, economic collapses, riots, hurricanes and other disasters. As you'll discover these methods inside The Home Doctor you'll probably start to realize why every household and family should keep them close-by.

How Doctors Think Jerome Groopman,2008-03-12 On average, a physician will interrupt a patient describing her symptoms within eighteen seconds. In that short time, many doctors decide on the likely diagnosis and best treatment. Often, decisions made this way are correct, but at crucial moments they can also be wrong—with catastrophic consequences. In this myth-shattering book, Jerome Groopman pinpoints the forces and thought processes behind the decisions doctors make. Groopman explores why doctors err and shows when and how they can—with our help—avoid snap judgments, embrace uncertainty, communicate effectively, and deploy other skills that can profoundly impact our health. This book is the first to describe in detail the warning signs of erroneous medical thinking and reveal how new technologies may actually hinder accurate diagnoses. How Doctors Think offers direct, intelligent questions patients can ask their doctors to help them get back on track. Groopman draws on a wealth of research, extensive interviews with some of the country's best doctors, and his own experiences as a doctor and as a patient. He has learned many of the lessons in this book the hard way, from his own mistakes and from errors his doctors made in treating his own debilitating medical problems. How Doctors Think reveals a profound new view of twenty-first-century medical practice, giving doctors and patients the vital information they need to make better judgments together.

Dissenting Diagnosis Arun Gadre,Abhay Shukla,2016-04-22 Complaints about the state of medical care are increasing in today's India: whether it's unnecessary investigations, botched operations or expensive—sometimes even harmful—medication. But while the unease is widespread, few outside the profession understand the extent to which the

medical system is being distorted. Dr Arun Gadre and Dr Abhay Shukla have gathered evidence from seventy-eight practising doctors, in both the private and public medical sectors, to expose the ways in which vulnerable patients are exploited by a system that promotes unscrupulous medical practices. At a time when the medical sector is growing rapidly, especially in urban areas, with the proliferation of multi-specialty hospitals and the adoption of ever-more sophisticated technologies, rational and ethical medical care is becoming increasingly rare. Honest doctors feel under siege, professional bodies meant to regulate the medical sector fail to do so, and the influence of the powerful pharmaceutical industry becomes even more pervasive. Drawing on the frank and courageous statements of these seventy-eight doctors dismayed at the state of their profession, *Dissenting Diagnosis* lays bare the corruption afflicting the medical sector in India and sets out solutions for a healthier future.

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